

Full Report (All Nutrients) 03048, Babyfood, macaroni and cheese, toddler

Report Date:October 25, 2015 17:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container 113g
Proximates					
Water	g	81.70	--	--	92.32
Energy	kcal	82	--	--	93
Energy	kJ	344	--	--	389
Protein	g	3.50	--	--	3.96
Total lipid (fat)	g	2.60	--	--	2.94
Ash	g	1.00	--	--	1.13
Carbohydrate, by difference	g	11.20	--	--	12.66
Fiber, total dietary	g	0.5	--	--	0.6
Sugars, total	g	0.79	--	--	0.89
Glucose (dextrose)	g	0.02	--	--	0.02
Fructose	g	0.01	--	--	0.01
Lactose	g	0.02	--	--	0.02
Maltose	g	0.27	--	--	0.31
Galactose	g	0.00	--	--	0.00
Starch	g	8.10	--	--	9.15
Minerals					
Calcium, Ca	mg	102	--	--	115
Iron, Fe	mg	0.60	--	--	0.68
Magnesium, Mg	mg	9	--	--	10
Phosphorus, P	mg	81	--	--	92
Potassium, K	mg	18	--	--	20
Sodium, Na	mg	112	--	--	127
Zinc, Zn	mg	0.43	--	--	0.49
Copper, Cu	mg	0.041	--	--	0.046

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Selenium, Se	µg	6.6	--	--	7.5
Fluoride, F	µg	68.4	--	--	77.3
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.040	--	--	0.045
Riboflavin	mg	0.090	--	--	0.102
Niacin	mg	0.790	--	--	0.893
Vitamin B-6	mg	0.050	--	--	0.056
Folate, total	µg	25	--	--	28
Folic acid	µg	22	--	--	25
Folate, food	µg	3	--	--	3
Folate, DFE	µg	40	--	--	45
Choline, total	mg	3.2	--	--	3.6
Betaine	mg	18.5	--	--	20.9
Vitamin B-12	µg	0.06	--	--	0.07
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	19	--	--	21
Retinol	µg	19	--	--	21
Carotene, beta	µg	6	--	--	7
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	73	--	--	82
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	2	--	--	2
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0
Vitamin D	IU	2	--	--	2
Vitamin K (phylloquinone)	µg	0.2	--	--	0.2
Lipids					
Fatty acids, total saturated	g	1.530	--	--	1.729
4:0	g	0.074	--	--	0.084

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6:0	g	0.038	--	--	0.043
8:0	g	0.020	--	--	0.023
10:0	g	0.043	--	--	0.049
12:0	g	0.038	--	--	0.043
13:0	g	0.000	--	--	0.000
14:0	g	0.237	--	--	0.268
15:0	g	0.000	--	--	0.000
16:0	g	0.727	--	--	0.822
17:0	g	0.000	--	--	0.000
18:0	g	0.289	--	--	0.327
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.700	--	--	0.791
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.071	--	--	0.080
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.591	--	--	0.668
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.170	--	--	0.192
18:2 undifferentiated	g	0.131	--	--	0.148
18:3 undifferentiated	g	0.035	--	--	0.040
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container 113g
Cholesterol	mg	7	--	--	8
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0